

AFFIRMATIONS

GYP-Module 4

FUN WAYS TO USE:

- Stating it in your own mind like a mantra
- repeat in writing
- saying them out loud
- recording yourself saying affirmations to listen to later
- use dry erase markers to write them on the shower walls or bathroom mirror
- write on sticky notes and place around home
- make them your phone background



GET STARTED RIGHT AWAY

I've said this before and will say again –Intuitive development is 90% mindset shift work. One of the best ways to shift our mindset is to state affirmations. We state them in the positive, as if they are happening now!

Working with Affirmations

There are many ways to work with affirmations—we use them as a mantra to repeat in writing, in our mind, saying them out loud or my personal favorite—with dry erase markers on the shower walls! Some people will write them on sticky notes and place them around your home or workplace. Have fun with this one.

An Affirmation is a thought that we wish was true—so not, if overweight, I am so thin! I really want my body to support me well is more appropriate.

Affirmations

I am finding faith in my Intuition Journal!

I am easily shedding baggage and psychic debris.

I feel light and grounded, always!

I am clearing my fields easily and readily!

I hold highest intentions for my highest good always!

I always have my client's highest good as my intention.

I lighten my load easily with movement, expression and creative play.

I release to my faith box all that needs to be lifted from me.